Hang In There

I DID IT!

Daily Plan for:_____ Week of:_____

SKILLS	SUN	MON	TUE	WED	THU	FRI	SAT	Total Stars
								★
								★
								★
								★
								★
								★
								★
								★
								★
							GOAL	
							TOTAL	

COMMENTS:_____

Begin with 80% compliance and gradually increase.